MR. BIG SHOT

- He may not have the physique of a sprinter, but Dylan Armstrong is Canada's top hope for a track-and-field medal. Watch the incredible strength of shot put athletes Friday at 2:30 p.m. CT on CTV
- If the graceful moves of women's diving or trampoline events are more your thing, Metro has the skinny on when to watch and what our odds are PAGE 17
- Where can you find royalty in the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts on our London 2012 quiz at metronews.ca/olympics

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THAT WAS QUITE THE ROW

PAGE 16

Winnipeg's Janine Hanson, a member of the Canadian women's eight rowing team, celebrates her Olympic silver medal at Eton Dorney on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

No Metro on Monday

Metro will not be publishing on the civic holiday.

Tuesday in Metro: Our pub correspondent, Laura Fortey, is spending the weekend at London's only Canadian pub, the Maple Leaf. Find out if our fans have been behaving

Tugging at the blues strings

Guitar legend Jimmy Vaughan to headline first ever Winnipeg BBQ and Blues Festival PAGE 3

Musicals in the park

Dress up as your favourite characters to watch four song-and-dance film classics screened out-of-doors PAGE 2

Syrian envoy calls it quits

Frustrated by the escalating civil war in Syria, special envoy Kofi Annan steps down from his high-profile role PAGE 4

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NEWS 1

Confidentiality

Cops mum on serial-killer tip line

Police said they will not talk about a tip line set up after the arrest of suspected serial killer Shawn Lamb.

After Lamb was arrested in June, Winnipeg police set up a national tip line to help further the investigation, but say they are not willing to talk about the information received or the number of calls.

"All information about calls or any tips received is confidential," said a Winnipeg Police Service spokesperson.

Lamb has travelled extensively throughout Canada and police are not ruling out that he could be responsible for other murders and disappearances of women in Winnipeg or across the country. Lamb is suspected in the murders of three Manitoba women.

DAVE BAXTER/METRO

Redwood Avenue

Teen charged in TV theft, fire

A 16-year-old has been arrested after allegedly stealing a TV from a garage and then setting the garage on fire.

At about 5 p.m. on Wednesday, someone reported a suspicious incident in the 500 block of Redwood Avenue. Police found a youth nearby with a TV. While arresting him, they realized the garage he is suspected of breaking into was on fire.

"This is a case of neighbourhood homeowners taking charge and control of their neighbourhood," said patrol Srgt. Wally Antonuik.

The teen has been charged with break-and-enter, arson, and failure to comply with a sentence.

DAVE BAXTER/METRO

On the web

Miss part of the Olympics? Fear not, we caught all the action in photos from the London Games. Scan the code to see our top images.

Stefano Grande as Danny Zuko from Grease and Tricialynn Morgan as Edna Turnblad from Hairspray. CONTRIBUTED BY THE DOWNTOWN BIZ

The big screen meets downtown Winnipeg

Memorial musicals. Downtown Winnipeg Biz to show four classics outdoors

SHANE GIBSON
shane.gibson@metronews.ca

Four classic musicals from over the last 80 years will be screened for free on a giant 40-foot screen at a downtown Winnipeg park this month.

Downtown Winnipeg Biz is hosting Movies on Memorial each Sunday night in August, and everyone is encouraged to join in the fun by showing up in full costume based on the musicals shown.

"We picked Hairspray, Footloose, Wizard of Oz, and Grease, and we thought we have some pre-movie activities, prizes, and of course, costumes," explained Downtown Winnipeg Biz's events manager Tricialynn Morgan.

"For example, one of the beauty schools from downtown will be coming out to do up-dos for the crowd for the Hairspray night.

"I think it's a great way to bring people downtown for an evening event that's accessible and free."

After running a single outdoor movie night at Memorial Park during the BIZ's Manyfest last year — which attracted a crowd of more than 1,000 people — the organization decided to try a whole month of shows leading up to this year's festival Sept. 7-9.

Concessions will be set up to provide something to munch on during the shows, and the audiences are encouraged to sing along and dance to their favourite numbers.

"The idea of coming down with your family, with a blanket and some lawn chairs and watching a movie on a giant screen outdoors is pretty cool," said Morgan.

"And sitting in the middle of downtown Winnipeg at night with the Legislative building on one side and the fountain on the other? It doesn't get any better than that."

Showtime

Here's the schedule of flicks set to be shown at Memorial Park each Sunday in August starting at 7 p.m.:

- August 7: Hairspray
- August 14: Footloose
- August 21: Wizard of Oz
- August 28: Grease

Federal funding. PM pledges more support to clean up Lake Winnipeg

More money

$18M

Prime Minister Stephen Harper promised another $18 million in funding over five years to help clean up Lake Winnipeg.

There's more money coming from the federal government to help clean up Lake Winnipeg.

Prime Minister Stephen Harper promised another $18 million from Ottawa during a news conference at a lakeshore hotel in Gimli.

Funding for a cleanup project that began in 2008 was due to end this year, but Harper is committing federal support for another five years. The second phase of cleanup is to focus on improving water quality for the fishing industry on the lake, as well as for recreational users.

The Lake Winnipeg Basin Initiative aims to reduce pollution from agriculture, industry and waste water.

Harper also said he would be happy to talk with the Manitoba government about ways to prevent damage from flooding to minimize huge compensation payouts. THE CANADIAN PRESS

Mountain Avenue

Teens arrested for attempted store robbery

Three teens, all under the age of 16, were arrested Wednesday while attempting to rob a convenience store in the 400 block of Mountain Avenue.

At about 9 a.m. a witness flagged down a police car, reporting suspicious behaviour. Police found three males outside of the store, one of whom had a gun. The three boys, ages 13, 14 and 15, are known to police and believed to be affiliated with Winnipeg gangs. They face a number of robbery and firearms offences. METRO

Record-setting. Building sand castles taken to new heights at Grand Beach

Reaching high

12 feet

Two Manitoba men will attempt to build the province's largest sand castle, with a goal height of at least 12 feet.

Two men will spend the August long weekend at Grand Beach trying to set a record for the largest sand castle ever built in Manitoba.

Curtis Fehr and Randy Ptashniuk will spend Saturday and Sunday trying to build the grandest sand castle during the annual Grand Beach Fest.

"There is no current Manitoba record that I know of, so I decided to start one," said Fehr. "We are going to take the whole weekend, and see how big we can go."

Fehr will attempt to build a castle at least 12-feet high. He hopes a large crowd will come to Grand Beach to watch them and cheer them on.

Grand Beach Fest will feature the sand-castle building competition and a volleyball tournament on Aug. 11. Visit grandbeachfest.com for more information. DAVE BAXTER/METRO

Fridge magnets being used to help stop vandalism cold

Commissionaires.
Letters delivered to homes all over the city asking people to watch out for vandals

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The Manitoba School Boards Association is employing a new technique to prevent vandalism at city schools: fridge magnets.

Towards the end of June and through July, letters were delivered to owners and residents of homes that border school properties all over the city asking them to be their "eyes and ears when schools are not in session."

The letter included a fridge magnet with the message "Report School Vandalism" and the phone number 204-231-4556.

Keith Thomas, risk manager for the Manitoba School Boards Association, said the phone number connects the caller with the Corps of Commissionaires, who would send out a vehicle to the scene.

Please report:

- **Broken windows, graffiti, arson, rowdy behaviour, people on the school roof, on-site drinking/drug abuse**

If determined to be a more serious situation, the Corps would then call Winnipeg Police.

"We see a fair bit of vandalism, especially in the summer ... certain schools get harder hit than others," said Thomas. "We want to say to people you're still welcome to come and visit the playgrounds during normal hours, but you shouldn't be there after dark."

Thomas said that in the month of July, they received 70 phone calls, with 10-15 being a bit more serious in nature. The commissionaires are on contract from June until the end of September.

School divisions have spent up to $2.5 million in repair costs related to vandalism in the past — a major reason why the fridge magnet campaign was developed. Thomas said the response has been so positive, they plan on continuing the program next summer and likely beyond.

Peter Kotyk, chairman of the board of trustees of the city's second biggest school division, River East Transcona, said he believes this new initiative is a good idea. "There's a lot of vandalism at schools and the public pays for it," said Kotyk, adding that he encourages homeowners to go to their neighbouring schools and introduce themselves to the principals and staff.

"It comes out of our budgets and it's money lost."

Kotyk said another benefit is police are only called in when the incident is more serious. Also, he hopes people call the numbers and do not place their safety in jeopardy by taking matters into their own hands.

Keith Thomas, of the Manitoba School Boards Association, said a new fridge magnet campaign to prevent school vandalism has so far been a success.
BERNICE PONTANILLA/METRO

Jimmie Vaughan is headlining the Winnipeg BBQ & Blues Festival running Aug. 17 to 19 at the Red River Exhibition Park. COURTESY WINNIPEG BBQ & BLUES FESTIVAL

Blues fest to hit all the right notes

The Winnipeg BBQ & Blues Festival has scored a legendary guitarist for its inaugural event.

Jimmie Vaughan — called a "virtual deity and living legend" by Guitar Player Magazine — is headlining the festival, which runs Aug. 17 to 19 at the Red River Exhibition Park.

Rick Fenton, managing partner and artistic director of the Winnipeg BBQ & Blues Festival, said the festival is a celebration of blues and food — two of Winnipeggers' favourite things.

"I've been thinking about doing a blues festival for a long time," added Fenton. "The music and the food are viscerally connected. This being Winnipeg, we have a great history of the blues and of food.

"We're blessed with so many restaurants here."

Fenton said there will be three stages of music going, with high-caliber artists such as Little Miss Higgins, Romi Mayes, The Sojourners and Big Dave MacLean.

In addition to the music, the festival features a Kansas City Barbecue Society-sanctioned barbecue competition, with a $10,000 prize up for grabs, the Granny's Turkey Chili Throwdown, and multiple beverage gardens.

For those who love big rigs, about 70 will be shown off during the fifth annual House of Chrome Show & Shine.

Fenton said the response to the festival has been positive, with the Meat Ball evening on Friday for early-bird ticket holders and sponsors a complete sell-out.

The Meat Ball event, where four Winnipeg restaurants will compete for top spot in the Burger Warz and attendees pay $5 to sample the burgers, is a fundraiser for Winnipeg Harvest.

"We're going to have a great crowd and a great time," said Fenton. "It's going to be a nice experience."

Tickets, which are $37.50 for the weekend (Aug. 18-19) or $25 for single-day passes, are on sale to the general public and available at ticketmaster.ca.

BERNICE PONTANILLA/METRO

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Rafferty appeals conviction

Tori Stafford killing. Appeal papers appear to have been filed from Kingston Penitentiary

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on grounds the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty also says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder." If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison.

Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to "inability to use the telephone to contact legal counsel."

It is not uncommon for those sentenced to life to appeal.

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the Woodstock, Ont., girl.

Tori went missing on April 8, 2009, triggering one of the largest manhunts in Canadian history. Rafferty and Terri-Lynne McClintic, then lovers, were arrested a month later and charged. Tori's remains were found on July 19.

McClintic pleaded guilty to first-degree murder and was sentenced to life in prison in April 2010.

Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

But presiding judge Thomas Heeney was criticized for excluding character evidence.

The jury never heard about evidence seized from Rafferty's laptop, including child pornography, torture videos and a movie about the abduction of a little girl. The jury also did not hear that Rafferty liked choking women during sex.

Heeney later defended his decision, saying the evidence was legally inadmissible because it breached Rafferty's Charter rights.

Rafferty's appeal papers appear to have been filed from Kingston Penitentiary.

It's not clear whether he has a lawyer. Dirk Derstine, Rafferty's lawyer for the trial, told the London Free Press in June that he would not be Rafferty's appeal lawyer.

Meanwhile, McClintic will appear in a Kitchener court on Sept. 12 on assault charges.

The charges stem from an alleged jailhouse brawl between McClintic and Aimee McIntyre at Grand Valley Institution for Women. TORSTAR NEWS SERVICE

Michael Rafferty is transported from the courthouse in London in March. It's not clear whether he has a lawyer. DAVE CHIDLEY/THE CANADIAN PRESS

Make the Commonwealth proud, young fan

Prince Harry meets a young Olympics fan at Canada House during the 2012 Summer Olympics on Thursday in London. During the surprise visit, the prince sat down with those gathered near a big-screen television to watch Canada row to a silver medal in the women's eight.

COURTESY CANADIAN OLYMPIC COMMITTEE

Vikileaks. Disgraced staffer returns to Liberal party headquarters

A Liberal staffer who resigned in disgrace after splashing the lurid details of a Conservative cabinet minister's messy divorce all over Twitter in response to the Harper government's Internet snooping bill has resurfaced with the party.

Former Parliament Hill aide Adam Carroll is now working at Liberal party headquarters. A spokeswoman wouldn't divulge details about his new gig.

A steady stream of tweets disclosing Public Safety Minister Vic Toews' divorce file spurred political intrigue on Parliament Hill earlier this year, as speculation abounded over the identity of the person behind the Vikileaks30 handle.

Carroll quit his job in the Liberal research bureau once he was identified as the source of the account. The minister's office accused the Liberals of knowing all along that Carroll was behind Vikileaks.

"This dramatic reversal by the Liberal party suggests that Carroll acted with the full knowledge and consent of the senior ranks of the Liberal party," Toews spokesman Mike Mueller said in an email.

THE CANADIAN PRESS

UN. Annan quits Syria mission over ineffectual world intervention

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state.

He also asserted that Syrian President Bashar Assad must leave office for the good of his country.

Annan told reporters that when he accepted the job, "which some called 'Mission Impossible'", he wanted to help find a peaceful solution to the crisis, to stop the killings of civilians and human rights abuses, as well as to place Syria on a path toward political transition.

"The severity of the humanitarian costs of the conflict, and the exceptional threats posed by this crisis to international peace and security, justified the attempts to secure a peaceful transition to a political settlement, however daunting the challenge," Annan said.

But the Annan told reporters that he cannot go on when the 15-nation Security Council doesn't fully back him, particularly because of the stalemate between its five veto-wielding members: Russia and China on one side, the U.S., Britain and France on the other.

THE ASSOCIATED PRESS

Former Syrian envoy Kofi Annan

MARTIAL TREZZINI/THE ASSOCIATED PRESS

Colorado shooting

Psychiatrist tried to meet about Holmes: Report

The psychiatrist seeing the man accused in the Colorado theatre massacre tried to discuss James Holmes with a campus behavioural and security committee in early June before the attack, but the group never convened, a new report said. It wasn't known what Fenton wanted to discuss, the station said.

THE ASSOCIATED PRESS

Natural disaster areas

Drought threatens U.S. crops, prices

Extreme drought conditions have spread in several U.S. Midwest states, a report showed Thursday, as corn and soybean crops wither and food prices rise in the worst dry spell in decades. Nearly two-thirds of the lower 48 states is experiencing some drought, according to the U.S. Drought Monitor. More than half of all U.S. counties have been declared natural disaster areas. THE ASSOCIATED PRESS

Class-action lawsuit

Ex-officer alleges RCMP harassment

Another former RCMP officer is alleging she was sexually harassed on the job as a class-action lawsuit against the police force got its first hearing in court. Valerie MacLean says an officer spent months goading her to be friendly and enter a relationship with him because doing so would be a good career move. MacLean is one of 200 women who have come forward in the suit. THE CANADIAN PRESS

Sex trade

Man denies sexual abuse charges

A man accused of pimping his stepdaughter has told a Penticton, B.C., courtroom he was trying to protect her, and never forced her into the sex trade. He faces 10 charges including sexual interference of a person under 14, and two counts of living on the avails of prostitution. The man told the judge he would negotiate prices with johns, but denied accusations of sexual abuse. THE CANADIAN PRESS

RIM to launch PlayBook for faster networks

Tablet update.
Struggling tech firm hopes new product will keep consumers interested until BlackBerry 10's release

Research In Motion is launching its new PlayBook tablet for advanced networks that will have a faster Internet experience, giving the Canadian tech company an updated product to sell before its new smartphones come to market.

RIM's latest PlayBook will be launched next week — in Canada first — and is designed for wireless networks with speeds equivalent to high-speed home Internet services on land lines.

The 4G LTE PlayBook tablet computer will be available Aug. 9 at Rogers, Bell and Telus — Canada's three largest carriers.

RIM said Thursday the price of the new PlayBook, which has 32 GB of memory storage, will depend on the region and provider. But Telus said it will sell for $549.99.

The new PlayBook is also ready for corporate email systems and keeps business information secure and separate from personal information, RIM said.

However, PC Magazine analyst Sascha Segan said any anticipation is for RIM's next generation of smartphones called BlackBerry 10.

"Consumers are past the PlayBook now and they're waiting to see what happens with BlackBerry 10," said Segan, lead analyst for mobile devices.

The BlackBerry 10 smartphones, expected to be even more like mobile computers, are due out in 2013, about a year later than RIM had announced — leaving the company with an older inventory of smartphones to sell.

In addition to a faster Internet experience with LTE (Long-Term Evolution) technology, RIM's new PlayBook will give users clearer and smoother video streaming, multi-party video conferencing capabilities and fewer delays when there are multiple video game players, Segan said.

The original PlayBook was launched in April 2011, but sales have been slow and RIM has discounted some of the models amid stiff competition. RIM is phasing out the 16 GB PlayBook which was retailing for as little as $199 to focus on higher-end models.

THE CANADIAN PRESS

Market Minute

DOLLAR
99.29¢ US (-0.19¢)

TSX
11,506.50 (-112.03)

OIL
$87.13 US (-$1.78)

GOLD
$1,590.70 US (-$16.60)

Natural gas: $2.92 US (-25.1¢)
Dow Jones: 12,878.88 (-92.18)

Canada warms up to Appleton rum

Appleton marketing manager Peter Hottmann, pictured, is spearheading an aggressive new advertising campaign that is boosting the 263-year-old rum brand's fortunes in Canada. Thanks to a man-about-town approach and a sexy TV ad that focuses on prospective drinkers instead of the product's Jamaican roots, in just a few months,w sales of Appleton Estate rum are up 10 per cent and growing across Canada. VINCE TALOTTA/TORSTAR NEWS SERVICE

Enbridge can meet B.C.'s demands: CEO

Pipeline and utility company Enbridge is confident it can meet all of the safety demands of the B.C. government for the company's proposed Northern Gateway pipeline project, chief executive Patrick Daniel said Thursday.

"We feel absolutely confident that we can do that," Daniel told a conference call to discuss the company's latest quarterly results.

The B.C. government said last month the company must include "world-leading" plans to prevent and respond to a marine or land oil spill and ensure aboriginal and treaty rights are addressed in order to win the province's support.

The province also wants to receive what it calls a "fair share" of the economic benefits that reflects the risk borne by the province.

The comments by the company came as it reported a second-quarter profit of $11 million or a penny per share on $5.72 billion in revenue, down sharply from $302 million or 40 cents per share on $6.94 billion in revenue a year ago due to unrealized losses on a hedging program. THE CANADIAN PRESS

Doug Rotzien works at the Enbridge Pipelines facility in Hardisty, Alta.
THE CANADIAN PRESS

SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS

THE LIST
Neil Morton
Metro

1 **Fifty Shades of parody.** My fave parody of Fifty Shades of Grey is housed on Twitter, @50ShedsofGrey, which already has more than 70,000 followers since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this 'shed porn': "We tried various positions — round the back, up against a wall . . but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto Monday to promote their political comedy The Campaign (out Aug. 10). They pulled out all the stops — including a red carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning Canadiana style.

3 **@stats_canada.** The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social media crackdown! What's next? No phone calls either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch on the Slice network this winter, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real Househusbands of Canada.

6 **Jonah Lehrer.** The writer resigned from his staff writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that, 1) he is longer rapping (he's switching to reggae) and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour long Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the 70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP In Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

Follow The Metro List on Twitter @TheMetroList

Land of Arctic aliens

NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, these giant 'ice worms' sprouting out of the ground.

This incredible yet surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolò Bonfadini on his eerie, yet striking image.

METRO

Behind the lens

- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape, everything was white as far as the eye could see. Everything was frozen," he told Metro.
- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate consisted of powdered, freeze-dried food. And the temperature can go as low as -40 C."
- "The morning I took this picture was a very special one," Bonfadini said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph 'Sentinels of the Arctic.'" He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like frozen people."

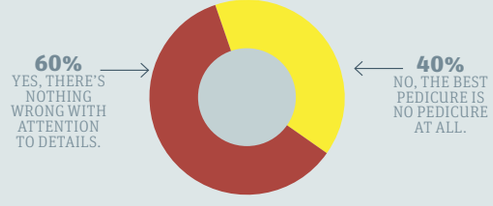
Niccolò Bonfadini SUBMITTED

- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's summer — should men get pedicures?



Twitter

@procrastinative: Holy crap I thought wind was gonna pick my vehicle up off the ground over the Dunkirk bridge. My fatass saved the day ;) #winnipeg #mbstorm

@Elinallie: So damn hungry. Winnipeg needs more gluten free friendly places :(#mybodyhatesme

@Padeeo: Oh man, with Cindy Klassen, Clara Hughes and now Janine Hansen, Winnipeg could be its own country! Think about it!

@DidierRDS: I'm on the same flight as the #Alouettes for Winnipeg. The plane was supposed to take off at 8am. We are still at the airport. Good times.

@markydoo: First time watching "The Price Is Right" in years and what do they play?!? PLINKO! #luckylarry

metro
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Kate Beckinsale in Total Recall. THE CANADIAN PRESS

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original Total Recall was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of The Fugitive than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwartzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by Blade Runner. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity. Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard: ●●●○○
- Mark: ●●○○○

2SCENE

On the web

Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

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Bourne heads back to the box office

The Bourne Legacy. Actress Rachel Weisz talks to Metro about her latest flick, doing her own stunts and all that running

NED EHRBAR
Metro World News in Hollywood

Rachel Weisz. SUBMITTED

An affirmed fan of the Bourne series of movies, British actress Rachel Weisz says she needed little convincing to sign up for the latest, The Bourne Legacy, which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him.

But one thing Weisz didn't count on with playing government scientist-turned-accomplice Dr. Marta Shearing was the amount of running that would be involved.

Your character seems to have a more interesting character arc than Jeremy Renner's.
She's got a great arc. (She starts) as someone who's morally blinkered about what she's doing and is told not to ask questions, which suits her just fine because if she started thinking about what she was doing, I think she would know that she's very morally compromised. So to go from this morally comprised, really f—ed up scientist living in this big house without a man, and then ... to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is kind of cool.

When you first read the script, did you realize exactly how much running was involved?
No. I kind of skimmed through the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was choreographed later. No, I didn't realize there was going to be that much running. It's a lot of running, a lot. I've never done anything that's this realistic, so something like The Mummy, for instance, is a completely different tone and genre. It's like a spoofy B-movie funny-horror-send-up kind of thing. So this required something completely different because it's just very, very, very realistic.

Did you enjoy the stunt work?
I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back (of a motorcycle) holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

Speaking of Manila, working in film can be a great way to see the world.
Definitely. I mean, it's very different being somewhere and working there than being somewhere as a tourist and being on holiday because you're hopefully relaxed when you're on holiday. When you're working you're quite tense and highly strung and your mind is really on the work. You can't curl up with a novel on the beach or whatever. But yeah, I've seen a lot more of the world. Manila was a fascinating city.

Comedy

Safety Not Guaranteed

Director. Colin Treverrow

Stars. Aubrey Plaza, Mark Duplass

Based loosely on a real classified ad seeking fellow time travellers, Safety Not Guaranteed focuses on a group of magazine upstarts investigating the ad's eccentric author. Aubrey Plaza (TV's Parks and Recreation) and filmmaker/actor Mark Duplass (Cyrus) as the would-be explorer give the film a sweet, resonant likeability, but the alluring peculiar plot loses punch with an overly sentimental finale.
STEVE GOW

Comedy

Diary of a Wimpy Kid: Dog Days

Director. David Bowers

Stars. Zachary Gordon, Steve Zahn

In the latest adaptation of Jeff Kinney's popular books, Diary of a Wimpy Kid: Dog Days focuses on lazy Greg Heffley's aimless summer vacation. Most notably, he tells his parents he got a job to cover up sneaking into a country club. Harmless but hardly inventive, the film may improve upon the franchise's previous outings, but without a solid narrative Wimpy Kid seems as restless as a hyperactive adolescent on summer break.
STEVE GOW

Quoted

"I would say really the only time it came into play was the three years of trying to get the movie made. Being an executive producer and a co-writer and knowing it was such a great part for me to be able to play, it was hard to keep taking the blows of the thing getting set up and then the thing crumbling. It was tough, but once I got on set, for me my only challenge that I wanted to tackle was doing a good job in the role and carrying the film, so I had to really shut all the other stuff down, you know?"

Parks and Recreation star Rashida Jones, who co-wrote and appears in the new film Celeste and Jesse Forever

NED EHRBAR

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Winnipeg

Cinema City Northgate 1399 McPhillips Street, 204-334-6234

Carry on Jatta (PG) Fri-Thu 12:40-3:40-6:40-9:40
Dark Shadows (14A) Fri-Thu 3:50-9:20
The Hunger Games (14A) Fri-Thu 1-4-7-10
Men in Black 3 (PG) Fri-Thu 1:50-4:30-7:10-9:50
People Like Us (PG) Fri-Thu 2-4:50-7:30-10
The Pirates! Band of Misfits (G) Fri-Thu 12:50-3-5:10-7:40-9:45
Rock of Ages (PG) Fri-Thu 1:10-6:30
Snow White and the Huntsman (PG) Fri-Thu 1:30-4:20-7:20-10:10
That's My Boy (18A) Fri-Thu 1:20-4:10-6:50-9:30

Cinematheque 304-100 Arthur, 204-925-3457

Cloudburst (STC) Fri-Sat 7 Sun 2 Wed 7
No Films Showing Today (STC) Mon-Tue Thu
This Is Not a Film (STC) Fri-Sat 9 Sun 7

City Cinema - Northgate 1399 McPhillips, 204-334-6234

Carry on Jatta (PG) Fri-Thu 12:40-3:40-6:40-9:40
Dark Shadows (14A) Fri-Thu 3:50-9:20
The Hunger Games (14A) Fri-Thu 1-4-7-10
Men in Black 3 (PG) Fri-Thu 1:50-4:30-7:10-9:50
People Like Us (PG) Fri-Thu 2-4:50-7:30-10
The Pirates! Band of Misfits (G) Fri-Thu 12:50-3-5:10-7:40-9:45
Rock of Ages (PG) Fri-Thu 1:10-6:30
Snow White and the Huntsman (PG) Fri-Thu 1:30-4:20-7:20-10:10
That's My Boy (18A) Fri-Thu 1:20-4:10-6:50-9:30

Famous Players Kildonan Place 1555 Regent Ave W, 204-663-2166

The Amazing Spider-Man (14A) Fri 4:15-7:05-10 Sat-Thu 1:25-4:15-7:05-10
Brave (PG) Fri 1:40 Sat-Thu 1:40-4:30
The Dark Knight Rises (STC) Fri-Thu 1:30-5-8:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Thu 1:55-4:50-7:20-9:35
Ice Age: Continental Drift (G) Fri-Thu 1:20-4:40-7:10-9:30
Ted (18A) Fri-Thu 7:15-9:45
Total Recall (14A) No Passes Fri-Thu 1:50-4:20-7:25-10:05

Grant Park 8 Cinemas 1120 Grant Ave., 204-453-4084

Beasts of the Southern Wild (STC) Dolby Stereo Digital, Stadium Seating Fri-Mon 1-3:40-6:50-9:25 Dolby Stereo Digital, Stadium Seating Tue-Thu 3:40-6:50-9:25
The Best Exotic Marigold Hotel (PG) Dolby Stereo Digital, Stadium Seating Fri-Mon 12:45-3:45-7-9:45 Dolby Stereo Digital, Stadium Seating Tue-Thu 3:45-7-9:45
The Campaign (14A) Dolby Stereo Digital, Stadium Seating, No Passes Thu 10:05
The Dark Knight Rises (STC) Dolby Stereo Digital, Stadium Seating Fri-Mon 12:20-2-4:30-7:30-9 Dolby Stereo Digital, Stadium Seating Tue 4:30-7:30-9 Dolby Stereo Digital, Stadium Seating Wed-Thu 4:30-9
Diary of a Wimpy Kid: Dog Days (G) Dolby Stereo Digital, Stadium Seating Fri-Mon 12:55-3:50-7:10-9:35 Dolby Stereo Digital, Stadium Seating Tue-Thu 3:50-7:10-9:35
Hope Springs (14A) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:55-6:40-9:40
Ice Age: Continental Drift (G) Dolby Stereo Digital, Stadium Seating Fri-Mon 12:35
Ice Age: Continental Drift 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Tue 3:30-6:45-9:15 Dolby Stereo Digital, Stadium Seating Wed 3:30-9:15 Dolby Stereo Digital, Stadium Seating Thu 3:30-6:45
Total Recall (14A) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Mon 12:35-4-7:05-10 Dolby Stereo Digital, Stadium Seating, No Passes Tue-Thu 4-7:05-10
The Watch (18A) Dolby Stereo Digital, Stadium Seating Fri-Mon 12:50-4:15-7:15-9:50 Dolby Stereo Digital, Stadium Seating Tue-Thu 4:15-7:15-9:50

The Dark Knight Rises continues to rule the box office. HANDOUT

IMAX Theatre at Portage Place Y003-393 Portage Avenue, 204-956-4629

Born to Be Wild 3D (G) Fri 11:15 Tue 10 Thu 11:15
The Dark Knight Rises (STC) Fri 12:15-3:25-6:35-9:45 Sat 12-3:10-6:20-9:30 Sun 12:30-3:40-6:50-10 Mon 12:15-3:25-6:35-9:45 Tue 12:15-3:30-6:45-10 Wed 12:30-3:45-7-10:15 Thu 12:15-3:30-6:45-10
Hubble 3D (G) Mon 11:15 Wed 10:15
To the Arctic 3D (STC) Tue 11:15 Wed 11:30 Thu 10

Landmark Globe Cinema 393 Portage Ave, 204-943-1583

The Dark Knight Rises (STC) Fri-Sun 12-3:30-6:50-10:10 Mon 3:30-6:50-10:10 Tue 6:50-10:10
Hope Springs (14A) Wed-Thu 7:15-9:45
The Intouchables (14A) Fri-Sun 1-3:40-7-9:30 Mon 3:40-7-9:30 Tue 7-9:30
Safety Not Guaranteed (STC) Fri-Sun 1:10-3:20-7:30-9:40 Mon 3:20-7:30-9:40 Tue 7:30-9:40
Landmark Towne Cinema 8 301 Notre Dame Avenue, 204-947-2848
The Amazing Spider-Man (14A) Fri 3:45-6:45-9:40 Sat-Mon 12:30-3:45-6:45-9:40 Tue-Thu 3:45-6:45-9:40
The Campaign (14A) Thu 10
The Dark Knight Rises (STC) Fri 3:30-7:15 Sat-Mon 12-3:30-7:15 Tue-Thu 3:30-7:15
Diary of a Wimpy Kid: Dog Days (G) Fri 3:30-7-9:15 Sat-Mon 1-3:30-7-9:15 Tue-Thu 3:30-7-9:15
Ice Age: Continental Drift (G) Fri 3:30-7-9:20 Sat-Mon 1-3:30-7-9:20 Tue-Thu 3:30-7-9:20
Step Up Revolution (STC) Sat-Mon 3:45
Step Up Revolution 3D (STC) Fri 3:45-7:15-9:40 Sat-Mon 1:15-7:15-9:40 Tue-Thu 3:45-7:15-9:40
Ted (18A) Fri 3:45-6:45-9:30 Sat-Mon 1:15-3:45-6:45-9:30 Tue-Wed 3:45-6:45-9:30 Thu 3:45-6:45
Total Recall (14A) Fri 3:45-7-9:40 Sat-Mon 12:30-3:45-7-9:40 Tue-Thu 3:45-7-9:40
The Watch (18A) Fri 3:30-7:15-9:20 Sat-Mon 1-3:30-7:15-9:20 Tue-Thu 3:30-7:15-9:20

SilverCity Polo Park 815 St. James Street, 204-774-1001

The Amazing Spider-Man (14A) Fri-Sun 1:30-4:40-7:50-11 Mon 12:30-3:35-6:50-10 Tue 1:30-4:40-7:50-11 Wed-Thu 12:30-3:35-6:50-10
Brave (PG) Fri-Tue 12:05-2:40-5:15-7:50-10:30 Wed 1:30-4:10-6:55-9:40 Thu 1:30-4:10-6:55
The Campaign (14A) No Passes Thu 10
The Dark Knight Rises (STC) Fri-Mon 12-1:20-4-5-7:30-8:40-11 Tue 12-1:20-3:40-5-7:30-8:40-11 Wed-Thu 1-4:30-8:10
The Dark Knight Rises: The IMAX Experience (STC) Fri-Thu 12:20-3:40-7:10-10:30
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri-Tue 12:15-2:45-5:10-7:40-10 No Passes Wed-Thu 12:20-2:45-5:10-7:40-10
Hope Springs (14A) No Passes Wed 4:30-7:10-9:40 No Passes Thu 2-4:30-7:10-9:40 Star & Strollers Screening, No Passes Wed 1
Ice Age: Continental Drift (G) Fri 12:25 Sat 11-12:25 Sun-Thu 12:25
Ice Age: Continental Drift 3D (G) Fri 2:50-5:15-7:40-10:05 Sat 11:15-2:50-5:15-7:40-10:05 Sun-Tue 2:50-5:15-7:40-10:05 Wed-Thu 2:45-5:05-7:30-9:55
Magic Mike (14A) Fri-Tue 12-2:40-5:20-8:10-10:45 Wed 1:40-4:20-9:45 Thu 1:40-4:20-7:05-9:45
Marvel's the Avengers (PG) Fri-Thu 1:10-4:20
Savages (18A) Fri-Sun 7:30-10:35 Mon 7:25-10:25 Tue 7:30-10:35 Wed-Thu 7:25-10:25
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (STC) Fri-Tue 12:40-3:10-5:40-8:10-10:40 Wed-Thu 2:35-5:10-7:35-10:10
Ted (18A) Fri 12:20-3-5:40-8:15-10:55 Sat 11:05-3-5:40-8:15-10:55 Sun-Tue 12:20-3-5:40-8:15-10:55 Wed-Thu 2:20-5-7:45-10:25
Total Recall (14A) No Passes Fri 2:20-5:10-8-10:50 No Passes Sat 11:30-2:20-5:10-8-10:50 No Passes Sun-Tue 2:20-5:10-8-10:50 No Passes Wed-Thu 1:50-4:45-7:40-10:30 No Passes Fri-Tue 1:40-4:30-7:20-10:10 No Passes Wed-Thu 1:10-4:05-7-9:50 The Watch (18A) Fri-Tue 12:50-3:20-5:50-8:20-10:50 Wed-Thu 2-4:45-7:20-9:55

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The Amazing Spider-Man 3D (14A) Fri-Mon 1-4:05-7:15-10:20 Tue-Thu 1:20-4:20-7:20-10:25
Brave (PG) Fri-Mon 12:20-2:45-5:15-7:40 Tue 1:40-4:15 Wed-Thu 2-4:45-7:20
The Campaign (14A) No Passes Thu 10
The Dark Knight Rises (STC) Fri-Mon 12-3:30-7:05-10:40 Tue-Thu 3:10-6:50-10:30 Fri-Mon 1:05-4:45-8:15 Tue-Thu 1:20-4:50-8:20
Diary of a Wimpy Kid: Dog Days (G) No Passes Fri 12:15-2:35-5-7:25-9:45 No Passes Sat 11:30-12:15-2:35-5-7:25-9:45 No Passes Sun-Mon 12:15-2:35-5-7:25-9:45 No Passes Tue-Thu 2:15-4:45-7:15-9:45
Ice Age: Continental Drift (G) Fri-Mon 12:10 Tue-Thu 1:40
Ice Age: Continental Drift 3D (G) Fri-Mon 2:30-4:50-7:20-9:50 Tue-Thu 4:10-6:45-9:20
Magic Mike (14A) Fri-Mon 10:15 Tue-Wed 10:10
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (STC) Fri-Mon 12:25-2:55-5:25-7:55-10:25 Tue-Thu 2:25-5-7:35-10:20
Ted (18A) Fri-Mon 12:30-2:50-5:20-7:50-10:30 Tue-Wed 2:30-5:05-7:40-10:20 Thu 1:20-3:50-10:30
Total Recall (14A) No Passes Fri-Mon 2:05-4:55-7:45-10:35 No Passes Tue-Wed 1:45-4:35-7:30-10:15 No Passes Thu 4:35-7:30-10:15 Star & Strollers Screening, No Passes Thu 1
The Watch (18A) Fri-Mon 12:35-3:05-5:35-8:05-10:35 Tue-Thu 2:20-4:55-7:35-10:25

Not Only Mosquitoes

By Steven Sarens

While we haven't had many mosquitoes, because of the hot dry weather, they have been replaced by another winged menace - the wasp! After being stung several times this week, I decided to look up some facts on wasps. Our most common wasp is known as the yellow jacket.

Every spring a solitary female or queen emerges from hibernation and builds a small nest for the first generation of workers that she raises herself. After that the workers take over supplying food and materials for the queen to lay more eggs as well as continually building the nest bigger throughout the year. In the fall newly mated females will hibernate for the winter while the rest of the colony, including the old queen, perish.

Because the wasp's stinger is barbless and doesn't pull out, they can sting multiple times and produce a chemical that helps other wasps locate you. They are attracted to bright colors, hairspray, perfumes and colognes, various food and drinks as well as garbage. The venom in their sting can be quite painful as well as dangerous for anybody that has developed allergies to their sting. Although they can attack when unprovoked, they will usually not attack unless disturbed or unless they feel threatened. I have also been bitten, not stung, by wasps looking for food.

There are various sprays available for killing the wasps and this should be done late in the evening or early in the morning when most of the wasps will be in the next. If using a flashlight, set it somewhere to point at the nest but don't hold it because if the wasps escape they will be attracted to the light. Any of the pest control companies can recommend removal techniques and products or will remove them for you.

While mosquitoes have always been a factor as to why people want to enclose decks and patios, the wasps are also doing their part. If you would like information about enclosing a space at your home, give us a call at 940-3030 or come for a tour of our factory at 265 Sutherland.

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Jennifer Lopez

J.Lo not playing around

Jennifer Lopez is suing tabloids Star magazine and In Touch Weekly for running a story alleging that her boyfriend, Casper Smart, has been spending quality time at a New York peepshow that's known to be a "gay cruising spot," according to RumorFix.

"These statements are false, malicious and defamatory. Ms. Lopez and Mr. Smart will pursue all remedies available to them under the law," an attorney for the couple says. A rep insists that Smart was actually visiting a tattoo parlour next door to the club.

The Word

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs. If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

Robert Pattinson. ALL PHOTOS GETTY IMAGES

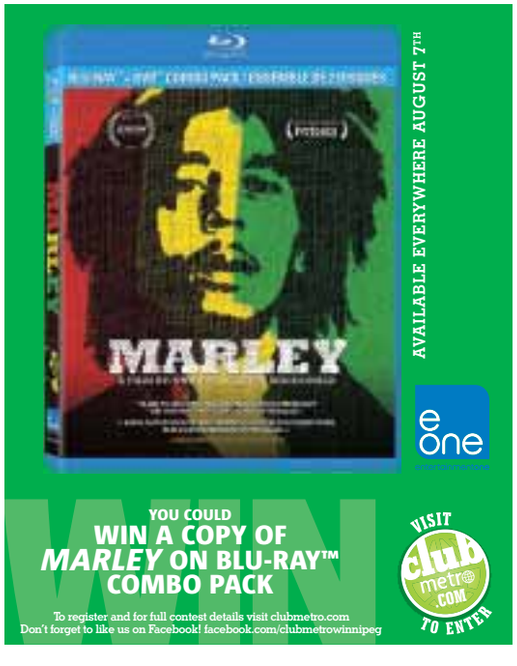
The circus must go on

No matter what happens between Kristen Stewart and Robert Pattinson over the next couple months, they'll be promoting the final Twilight instalment together this fall.

"While it is studio policy not to comment on the personal lives of actors, Summit is moving full steam ahead and looking forward to this November's opening of The Twilight Saga: Breaking Dawn — Part 2," Summit's president of worldwide marketing, Nancy Kirkpatrick, tells E! Online.

"We are confident that the film delivers amazing entertainment for our passionate fans and general audiences alike."

For the first time, we're also confident Twilight will deliver amazing entertainment — can we suggest popcorn at the press conference?



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LIFE 3

Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, Bitchin' Kitchen, has two cookbooks under her belt and a style that's all her own. If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

What are some of your go-to summertime dishes?
I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish. Combing mustard with maple syrup (also gives) the hotdog a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?
Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

If you had to pick: sangria, mojito or beer and why?
I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos. When things have too much flavour, like sangria, it can be a bit much with all the fruit and the wine, you also got some soda in there.

Food Network chef Nadia G. SUBMITTED

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?
How to remove a drunk person? Yeah…I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

Nadia's Grilled Apricot & Feta Salad

1. Vinaigrette: In food processor, blend 4 tbsp olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy seeds, sea salt and pepper.

2. Apricots: Heat barbecue to medium-high. Baste apricot halves with olive oil. Using tongs, sear fleshy side of apricots 90 seconds, turn over to sear the skin side 1 minute. Remove them from the heat, and let cool.

3. Pickled onions: Heat saucepan over medium-high heat. Add onion slices, pour remaining champagne vinegar, stir, and simmer until onion slices turn bright pink, 30 seconds. Remove from the heat and cool.

4. Divide apricot halves equally among 4 plates. Sprinkle each serving with 1/4 cup of crumbled feta and a heaping tablespoon of pickled onions. Drizzle with the vinaigrette, and garnish with fresh mint leaves. COURTESY OF NADIA G

Ingredients

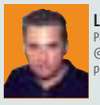
- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- ½ garlic clove
- 1 tbsp poppy seeds
- sea salt and black pepper
- 8 apricots (halved and pitted)
- ½ small red onion (sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

On the Web

Cookbook featuring muffins for vegans has versatile and easy-to-make recipes

Liquid Assets

Lip-smackin' flavours of whiskey



LIQUID ASSETS
Peter Rockwell
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With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskies hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon ($26.25 - $28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix. That said, I prefer it served ice cold straight from the fridge all by its lonesome.

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MIX OF SIX
Meghan Duffy
winnipeg@metronews.ca

Bombers' games not just for sport

Friday is your second chance this season to cheer on the blue and gold. Kick off is at 7:30 tonight at Canad Inns Stadium. Now truth be told, when I go to the games I'm not just going to watch the Bombers! I meet up with my friends and run into pals I have not seen in ages. I'll load up on all the concession treats and maybe even swing by the rum hut — which is where the rowdies always go. Even if you are not the biggest football fan, you will still have a great night out.

First Fridays a perfect date night

Tonight is the night to check out the Exchange District, especially for all you non-downtowners! First Fridays in the Exchange District is a free monthly night when artists, cafes, shops and even galleries open their doors to the public from 5 to 9 p.m. I love this night because I always discover so many new stores. We just walk around and travel from store to patio to a gallery, then even a café for dessert. If you are planning a date that you want to make special, First Fridays could be a very memorable option.

Horsie rides

Horseback riding is a great way to get outdoors and believe it or not, get a great workout. Ivor at Birds Hill Park does all the work for you — all you have to do is enjoy the ride! Rides are $22 per person and they leave on the hour, every hour which makes for easy planning especially if you are taking the kids (they must be over eight years old.) Saddle up because on Aug. 8 there is a breakfast ride leaving the ranch at 9 a.m. Call Ivor at 222-1137.

If you have to ask how long the wait is, you can't get in

Winnipeggers have been trying to get into Famous Dave's for the past two weeks and aren't having much luck, thanks to its extreme popularity. Expect to wait two hours to get in during dinner time on the weekends — but we can tell you it's worth the wait. The delicious restaurant chain has exploded in the States and is expanding across Canada. They're famous for their ribs (and apparently, Dave is also famous, hence the name.) Find them on Reenders Drive, and go there hungry.

A trip on the train

On Saturday at 11 a.m. the 1882 locomotive departs the Inkster Junction located on Prairie Dog Trail. The locomotive was built in Scotland and sent over to Canada in 1882, making it one of the oldest-running steam engines in our entire country. The great thing about this 50-minute train trip is that not only do you learn a lot about our history in Manitoba, the train stops at Gross Isle where there is much more family fun to be had, like the petting zoo or a slice of their fresh homemade pies. The locomotive returns at 2:30 p.m. For more information call 204-832-5259.

Looking for a laugh?

Look no more because comedian Dez Reed performs his last show Friday at Rumor's Restaurant and Comedy Club at 8 p.m. Reed is no stranger to the stage (he has performed more than 2,000 times) so he should know a thing or two about making people laugh. You may have seen Reed as an opening act for Jim Carrey, Adam Sandler or even Sam Kinison. Recently, Reed has appeared on The Comedy Network, CBC, Fox and NBC, and the reviews for this show are great.

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SPORTS 4

Winnipeg Blue Bombers' Chris Matthews dives in front of Montreal Alouettes Jerald Brown in CFL action in Montreal on July 6. The two CFL teams, both desperate for a win, are facing off Friday in Winnipeg. PAUL CHIASSON/THE CANADIAN PRESS

Bombers prepared for Alouette threat

Second win? Pressure on Calvillo a must as struggling teams battle to turn their seasons around

Two CFL teams desperate for a win meet Friday when the Winnipeg Blue Bombers play host to the Montreal Alouettes.

The Bombers, 1-4, can pull into a tie with the 2-3 Alouettes with a victory, as they play only their second home game this season.

The Alouettes are looking to turn around their worst season start since 2008 and avoid sharing the league's cellar with last year's East Division champions.

"You always want a victory to enjoy that bye week," says veteran Montreal quarterback Anthony Calvillo.

"That's the situation we're in now and I'm sure Winnipeg is telling themselves the exact same thing. It'll be a challenge."

Their task wasn't made easier by a 12-hour wait at Trudeau Airport in Montreal after their scheduled 8 a.m. flight to Winnipeg was delayed Thursday. They arrived at the airport at 6:30 a.m. and didn't board the plane until nearly 6:30 p.m.

"Brutal day," kicker Sean Whyte said on Twitter.

While Montreal may be struggling, with Calvillo in charge the Bombers know their second win isn't going to be any easier than their first against the Edmonton Eskimos.

But they do have a plan to deal with the wily veteran, now in his 19th CFL season, says linebacker Jonathan Hefney.

"We're just going to go out and play hard, go out and try and put pressure on him and try do what we can do with their receivers and we'll see what happens," he said this week.

"I feel we didn't put enough pressure on him last time so we're going to work to get that done."

When they met July 6 in Montreal, the Bombers let the Alouettes get 14 unanswered points in the first quarter and another 14 in the fourth on the way to a 41-30 victory

"We just want to make him be rattled," says Hefney.

"Get to him as fast as we can. He gets rid of the ball fast, that's why he don't give up a lot of sacks, so we're just going to try to get to him as close as we can."

Calvillo has his own plans. "We have to make sure we take care of the ball early and that we put some points up on the board because you know their crowd is going to be loud," he predicted.

Winnipeg's offence will be led for the second time this year by Alex Brink as a starter. Buck Pierce is out with an injured foot.

THE CANADIAN PRESS

NHL

Larry Simmons named Winnipeg Jets assistant GM

Larry Simmons was officially named the assistant general manager of the Winnipeg Jets Thursday.

Simmons spent last season with the Jets as the assistant to the general manager, working with both general manager Kevin Cheveldayoff and assistant general manager Craig Heisinger.

Simmons has worked in different capacities for the Jets/Thrashers franchise since 1999, moving with the club to Winnipeg in 2011.

He held the position of vice-president/assistant general manager with the Atlanta Thrashers from 2004 up until their move to Winnipeg.

DAVE BAXTER/METRO

Jets assistant GM Larry Simmons
GETTY IMAGES

NHL

Four of the Russian Five to reunite in Detroit

Four players from Detroit's "Russian Five" will be on hand when Red Wings alumni take on alumni from the Toronto Maple Leafs the day before the Winter Classic.

Viacheslav Fetisov, Igor Larionov, Vladimir Konstantinov and Sergei Fedorov will participate in the festivities Dec. 31 at Comerica Park in Detroit.

THE ASSOCIATED PRESS

Mobile sports

A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

BOMBERS SLOWLY FINDING GROOVE

Defence in Winnipeg seems to be coming around; Stampeders have gone Johnny Knoxville; and Roughriders fans need to take a deep breath

CFL EXTRA POINTS
Dan Toth
winnipeg@metronews.ca

Winnipeg Blue Bombers: There's a tendency to cheer for the underdog each week in the CFL, so it was good to see the embattled Blue Bombers finally get off the Schneid. Thanks to a strong defensive effort against Edmonton and some good karma, the Bombers are back from the dead with a chance to salvage the season.

B.C. Lions: We've gone from asking 'What's wrong with the Lions?' to tagging them one of the top teams in the CFL through five weeks. After losing two straight, an impressive win in Calgary has them perched among five teams tied for the top record at 3-2. Parity reigns as 10 games this season (50%) have been decided by four or fewer points while the usually dominant West Division holds just a 6-4 record against the East.

Edmonton Eskimos: QB Steven Jyles is under more pressure to perform than any player in the CFL. That's what makes his fumble last week in Winnipeg that prevented a possible comeback win over the Bombers so glaring, despite posting his best game statistically as an Eskimo. Maybe Jyles is trying too hard to make Esks fans forget Ricky Ray.

Calgary Stampeders: Why do so many talented Stamps players act like jackasses? This week it was Jon Cornish's turn, criticizing the play of his offensive line after his putrid performance in rushing for minus-1 yard on six carries in a loss to B.C. Even though he later apologized, it's an unwritten rule that you never trash the big men who get paid to make you a star.

Saskatchewan Roughriders: After gassing huge fourth-quarter leads in back-to-back games, some Rider faithful are calling for the firing of defensive co-ordinator Richie Hall, and the banishment of QB Darian Durant. Good gawd people, give your heads a shake. The Riders are 3-2 and tied for first in the West. What did Green fans expect, an undefeated season? The team's current record is a more accurate reflection of who they are.

Hamilton Tiger-Cats: It's still very early and the Tabbies are only 3-2, but three straight wins and some sensational play from Henry Burris makes him an early-season favourite as the best off-season acquisition. Burris leads the league with 15 TD passes and has earned offensive player of the month for July, making the Cats' off-season swap with Calgary look like a stroke of genius for Steeltown's finest.

Armstrong preparing to launch Canada onto track podium

Canada's Dylan Armstrong competes in the men's shot put final at the World Athletics Championships in Daegu, South Korea, last September.
DAVID J. PHILLIP/THE ASSOCIATED PRESS

Shot put. After missing out on a medal in Beijing by less than a centimetre, the 345-pounder has worked his way up international rankings

Dylan Armstrong has worked the last four years for this day, when he hopes to erase the disappointment of Beijing with one launch of the shot put.

The 31-year-old from Kamloops, B.C., competes on the first day of track and field Friday at the London Olympics, four years after he missed a medal by less than a centimetre and finished fourth at the Beijing Games.

Since then, the six-foot-four, 345-pound mountain of a man has worked his way up the international rankings, and was No. 1 in the world last year.

Armstrong is Canada's top hope for a track and field medal in London, but the shot put field is stacked, and the Canadian believes there are up to six throwers that could climb the top step of the podium — including Americans Christian Cantwell, Reese Hoffa and Ryan Whiting, ranked No. 1-3 in the world.

Athletics Canada head coach Alex Gardiner believes Armstrong is on pace for a strong performance.

"He's recorded a couple of workouts that have been better than any he's had in his life," Gardiner said. "When I heard from him three days ago that he had a personal best in one of his training sessions, I know that he's ready. And he's honest as the day is long."

Armstrong, who's been training in Portugal since the Olympic trials last month in Calgary, has battled back from an elbow injury that kept him out of the final at the world indoor championships. He goes into the event with the eighth-best throw in the world this year — 21.50 metres. His Canadian record, set last year, is 22.21.

"He's ready, he's healthy," Gardiner said. "The elbow problem he had is gone. He's protecting his energy right now." THE CANADIAN PRESS

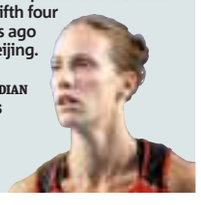
Quoted

"He's recorded a couple of workouts that have been better than any he's had in his life."

Alex Gardiner, head coach of Athletics Canada, believes Dylan Armstrong is poised to perform well in the shot put

Canadian hopeful

Nine Canadians compete on the first day of track and field Friday, including Jessica Zelinka of London, Ont., who is gunning for a podium finish in the heptathlon after finishing fifth four years ago in Beijing.
THE CANADIAN PRESS



Basketball. U.S. send message with blowout win

The U.S. team had scored 100 points by the middle of the third quarter. It was that kind of night for the Americans.

Two Olympic marks fell.

Carmelo Anthony scored 37 points, dropping 10 of 12 three-pointers, and the Americans rewrote the Olympic record book with a scintillating shooting performance and 156-73 win over Nigeria on Thursday night, an epic blowout that seemed to send a message to the rest of the men's tournament field.

Anthony set the American Olympic mark for points in a game — in less than three quarters. The U.S. also set the Olympic record for points in a game and points in a half (78). The Americans bettered the U.S. records as well for three-pointers (26), field goals (59) and field-goal percentage (71).
THE ASSOCIATED PRESS

U.S. forward Carmelo Anthony shoots against Nigeria on Thursday night.
CHRISTIAN PETERSEN/GETTY IMAGES

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A silver lining in second place

The Canadian women's eight celebrate before Thursday's medal ceremony.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Rowing. Canadian women 'can't be disappointed' with silver-medal finish behind U.S.

Andreanne Morin clutched her Olympic silver medal, as if remembering every early morning training session and aching muscle that preceded it.

"For me this is the culmination of my 12 years of rowing," said the 30-year-old from Quebec City, after Canada's second-place finish in the women's eight Thursday. "I'm talking to you and holding onto this (medal) quite tightly, because it's the proof, the material proof of what I've done.

"It's a lot about the journey and what you live with these teammates. That's how I look at it today. It was an exceptional race, it really was."

The Canadian women lost to an exceptional team. The U.S., champions in Beijing, have not been beaten in six years.

But it was a photo finish in May when the two met at a World Cup in Lucerne, Switzerland, where the U.S. won by just 0.03 seconds.

On Thursday, the powerful Americans led all the way to win in six minutes 10.59 seconds. The Canadians charged at them down the stretch, posting the fastest splits in the final 1,000 metres, but could not peg them back and finished in 6:12.06 ahead of the Dutch in 6:13.12.

"I have to take my hat off to the U.S. crew," said Peter Cookson, Rowing Canada's high performance director. "We literally did everything we could to try to win the race.

"When you look at all the training we did and all the physiology work we did, all the recovery work we did with that group. And they're an unbelievably great group of women in our Canadian boat. And for them to get beat, that must take a really great crew to beat them."

Cookson noted the women's eight had come from "not a great place in 2009," when they barely made the final at the world championships. Now they are the team keeping the U.S. on their toes.

To a woman, the Canadians were beaming after the race. They were also emotional, knowing a changing of the guard is inevitable after the Olympic quadrennial.

But there were no regrets. The women clambered over the fence in front of the friends and family section to hug loved ones and show off their medals under the sun at Eton Dorney.

"We went to win and didn't do it, but sure are enjoying the silver," said 52-year-old coxswain Lesley Thompson-Willie.

"No regrets, great race."

Lauren Wilkinson of North Vancouver said the Canadians had given it their all.

"Obviously we wish that our bow had been in front but we just gave it our everything," said Wilkinson. "I don't think a single person in that boat had anything left in the tank. So we have no regrets even though it wasn't necessarily the colour of medal we had hoped for."

Added Winnipeg's Janine Hanson: "Silver's great. We can't be disappointed with that at all."

The medal was the second for Canadian rowers here. The men's eight won silver behind Germany on Wednesday.

Also on the Canadian team were Ashley Brzozowicz of London Ont., Krista Guloien, of Port Moody B.C., Darcy Marquardt of Richmond B.C., Natalie Mastracci of Thorold, Ont., and Rachelle Viinberg of Regina. THE CANADIAN PRESS

Five-for-seven

It's back to the classroom for Lesley Thompson-Willie, with a fifth Olympic medal in tow.

- The 52-year-old high school teacher/librarian from London, Ont., is the first Canadian athlete to win medals in five different Olympic Games.
- London is Thompson-Willie's seventh Olympics — it would have been eight had it not been for the 1980 boycott of the Moscow Games. She won silver with the four in 1984 and gold with the eight in 1992, silver in 1996 and bronze in 2000.

Phelps bests Lochte for his first solo gold in London

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting capper to a brilliant career that still has two more events to go.

As soon as Phelps finished off Lochte, he hopped out of the pool and headed to the nearby diving well to warm down, knowing he still had a semifinal of the 100 butterfly before the night was done. He was the top qualifier in that one, setting up a rematch in Friday's final against Milorad Cavic — a Serbian who still seems to think he got to the wall first in Beijing but lost by a hundredth of a second.

"Going into every call room, I said it's my last semifinal or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all the lasts of certain things."

THE ASSOCIATED PRESS

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Day 6 results

MEDAL STANDINGS

THROUGH 91 OF 302 EVENTS

Nation	G	S	B	Total
United States	18	9	10	37
China	18	11	5	34
Japan	2	6	11	19
Germany	4	8	5	17
France	6	4	6	16
Russia	3	5	8	16
Britain	5	6	4	15
South Korea	7	2	5	14
Australia	1	7	3	11
Italy	3	5	2	10
Canada	**0**	**2**	**5**	**7**
Netherlands	2	1	3	6
Ukraine	2	0	4	6
Romania	1	3	2	6
North Korea	4	0	1	5
Hungary	2	1	2	5
Brazil	1	1	2	4
Mexico	0	3	1	4

WHAT CANADA DID

Thursday at the 2012 London Olympics:

BADMINTON

Women's doubles — Alexandra Bruce and Michele Li, both Toronto, lost their semifinal match to Mizuki Fujii and Reika Kakiiwa of Japan, 2-1 (21-12, 19-21, 21-13), and will play the Russian team for the bronze medal.

BEACH VOLLEYBALL

Women — Annie Martin, Lachine, Que., and Marie-Andree Lessard, Lasalle, Que. (0-3 in round-robin), were eliminated after losing 2-1 to Marta Menegatti and Greta Cicolari of Italy.

GYMNASTICS

Women's all-around final — Dominique Pegg of Sarnia, Ont., placed 17th overall with a score of 55.565 points.

JUDO

Women's under-78 kilogram class — Amy Cotton, Montreal, lost in the elimination round to Audrey Tcheumeo, France, by Yuko, De-ashi-barai.

ROWING

Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, were fourth in their semifinal in seven minutes 14.83 seconds, and will race in the B-final.

Women's eights (with coxswain) — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed sixth in the B-final (6:32.61).

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; Michael Wilkinson, North Vancouver, B.C.) placed fifth in their semifinal (6:08.90) and are relegated to the B-final.

SAILING

49er — Gordon Cook, Toronto, and Hunter Lowden, West Vancouver, B.C., are in 15th place after eight races with 74 points.

470 — Luke Ramsay and Mike Leigh, both Vancouver, are 25th overall with 46 points.

Finn — following the eighth race, Greg Douglas of Toronto stands 15th overall (105).

Keelboat/Star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are ranked 13th (75 points).

Men's RS-X (windsurfing) — Zachary Plavsic, Vancouver, is eighth overall through six races (40).

Women's RS-X (windsurfing) — after six events, Nikola Girke of West Vancouver, B.C., is ninth (40).

SWIMMING

Women's 200 backstroke — Sinead Russell, Burlington, Ont., was seventh in qualifying (2:09.04), and earned a berth in Friday's final with the eighth-best time in the semifinals (2:08.76); Hilary Caldwell, White Rock, B.C., did not advance beyond qualifying (2:10.75).

Women's 200 breaststroke — Martha McCabe, Toronto, placed fifth in the final (23.16) — 2.24 seconds out of the bronze medal.

Women's 800 freestyle — Alexa Komarnycky, Victoria, placed 11th overall in qualifying (8:28.11); Savanah King, Toronto, was 15th (8:29.71); neither qualified for the final.

Men's 50 freestyle — Brent Hayden of Mission, B.C., was 13th overall in qualifying (22.15), but did not advance beyond the semifinals where he tied for 14th (22.12).

Men's 100 butterfly — 20. Joe Bartoch, London, Ont,. was 20th overall in qualifying (53.09), did not advance.

SOCCER

WOMEN

QUARTER-FINALS

Friday's games — All Times Eastern

Sweden vs. France, 7 a.m.

United States vs. New Zealand, 9:30 a.m.

BASKETBALL

MEN

FIRST ROUND

Group A

Team	W	L	Pts
United States	3	0	6
France	2	1	4
Argentina	2	1	4
Lithuania	1	2	2
Nigeria	1	2	2
Tunisia	0	3	0

Group B

Russia	3	0	6
Spain	3	0	6
Brazil	2	1	4
Australia	1	2	2
Britain	0	3	0
China	0	3	0

Thursday's results

Argentina 92 Tunisia 69
Australia 81 China 61
France 82 Lithuania 74
Russia 75 Brazil 74
Spain 79 Britain 78
United States 156 Nigeria 73

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Friday's games — All Times Eastern

Angola vs. Croatia, 4 a.m.
Russia vs. Australia, 6:15 a.m.
Brazil vs. **Canada**, 9:30 a.m.
Turkey vs. China, 11:45 a.m.
France vs. Britain, 3 p.m.
Czech Republic vs. United States, 5:15 p.m.

SWIMMING

WOMEN

200 BREASTSTROKE

Final

1. Rebecca Soni, United States, 2:19.59.
2. Satomi Suzuki, Japan, 2:20.72.
3. Iuliia Efimova, Russia, 2:20.92.
4. Rikke Pedersen, Denmark, 2:21.65.
5. **Martha McCabe, Toronto, 2:23.16.**
6. Micah Lawrence, United States, 2:23.27.

Bolt's chance to take over London

Track-and-field. 2008's 100-metre champion wants to be 'living legend,' but will face big test in countryman Blake

An image of Usain Bolt is projected onto the British House of Parliament during last Friday's opening ceremony. FENG LI/GETTY IMAGES FILE

By the time Usain Bolt's showboating, record-breaking, gold-gobbling act on the track got revved up at the Beijing Games four years ago, Michael Phelps was already firmly established as the star of those Olympics.

Nothing anyone did — even Bolt's unprecedented sweep of the 100, 200 and 4x100-metre relay with best-in-history times — could possibly steal the spotlight from Phelps and his eight-gold performance in the pool.

Now it's a different story.

The first week of the London Olympics left a noticeable vacancy on centre stage. As if on cue, up steps Bolt, the effervescent Jamaican sprinter who comes in with the most to win, and lose, as the 10-day athletics meet begins Friday at 80,000-seat Olympic Stadium.

Bolt wants nothing less than to become a "living legend" and is well aware that repeat victories in the two individual sprints will put him there. Of course, he'll need to be better than countryman Yohan Blake, who upset Bolt in the 100 and 200 finals at the Jamaican trials.

Win or not, Bolt is guaranteeing a good show.

"Hands down. For sure," he said. "I'm thinking this could easily be one of the fastest 100 metres anybody has ever seen, because these guys have shown a lot of potential throughout the season. There are guys that have been running fast, especially because it's an Olympic year."

Bolt was coasting, thumping his chest before he crossed the finish line when he set the world record in Beijing at 9.69 seconds. At the world championships a year later, he lowered it to 9.58. Bolt and his coach, Glen Mills, both say a 100-metre run in the 9.4-second range is possible, but only if the weather in London co-operates. The forecast for Sunday's final calls for murky skies with a 30 per cent chance of rain.

Beyond Bolt and Blake, nearly every main contender in the marquee event has a good story to tell. There are Americans Tyson Gay (oft-injured, still in search of an Olympic medal) and Justin Gatlin (2004 Olympic champion, back in 2012 after a four-year doping ban), and another Jamaican, 29-year-old Asafa Powell, a former world-record holder who is still fast.

THE ASSOCIATED PRESS

Quoted

"There's no pressure. Yes, I'm the fastest man in the world right now and some people say I'm the man to beat, but when we're on the line, it's different."

Jamaica's Yohan Blake

3 to watch this weekend

Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be an easy one for the seventh-ranked Canadians. Britain has been a big surprise, winning all three preliminary-round games without allowing a goal.

Time: Friday, 1:30 p.m.
Channel: OLN

Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosannagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 8 a.m. (qualification), 9:20 a.m. (final).
Channel: CTV

Women's diving

Jennifer Abel brought Canada its first medal in 2012, a bronze in the three-metre synchronized with Emilie Heymans, last Sunday. Abel will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 1 p.m (final).
Channel: TSN

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Swimming

Hayden back in pool hours after win

Celebrating an Olympic medal all night instead of swimming another race was not an option for Brent Hayden.

Hours after winning his bronze in the 100 freestyle, Hayden was back on the start blocks in the 50-metre freestyle Thursday. He didn't make it to the final, but he still felt it was worth doing.

"I'm in an event in the Olympics," Hayden said. "You've got take that opportunity. For me, it's never going to come around again.

"I knew I was an outside shot, but I knew if I did nail my race, I knew that I would have actually had a shot ... and maybe even go for a podium." THE CANADIAN PRESS

Brent Hayden prepares for his 50m freestyle semifinal Thursday. THE CANADIAN PRESS

Badminton. Canadian duo 'Bruce Li' squeak into bronze medal match

Canada's Alex Bruce and Michelle Li will play for a bronze medal in badminton, thanks to a shuttlecock scandal that has rocked the sport at the London Olympics.

The Toronto players were beaten by No. 4 seeds Mizuki Fujii and Reika Kakiwa 21-12, 19-21, 21-13 in the doubles semifinals Thursday.

They'll play Russians Valeria Sorokina and Nina Vislova for third-place Saturday at Wembley Arena in an unlikely Olympic storyline neither Canadian could have envisioned.

The 22-year-old Bruce and 20-year-old Li — known on the badminton circuit as Bruce Li — thought their Games were over barely a day earlier, but found themselves in the semifinals after eight players were expelled from the competition for losing on purpose.

Canada has never qualified for the semifinals or won an Olympic medal in badminton.

The Canadians, No. 27 in the world, were prepared to head home after they finished last in their pool by a combined score of 126-52.

But two of those defeats came against teams that were disqualified Wednesday, accused of throwing their matches to set up a more advantageous path through the medal round.

The Canadians, were reinstated for the quarter-finals. THE CANADIAN PRESS

Canada's Alex Bruce, left, and Michelle Li eye a shot during their semifinal match against Japan in women's doubles badminton at the 2012 Summer Olympics, Thursday. Japan won the match 2-1. RYAN REMIORZ/THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus
April 21 - May 21
You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini
May 22 - June 21
You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer
June 22 - July 23
If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo
July 24 - Aug. 23
You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo
Aug. 24 - Sept. 23
Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♎ Libra
Sept. 24 - Oct. 23
Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♏ Scorpio
Oct. 24 - Nov. 22
Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♐ Sagittarius
Nov. 23 - Dec. 21
How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

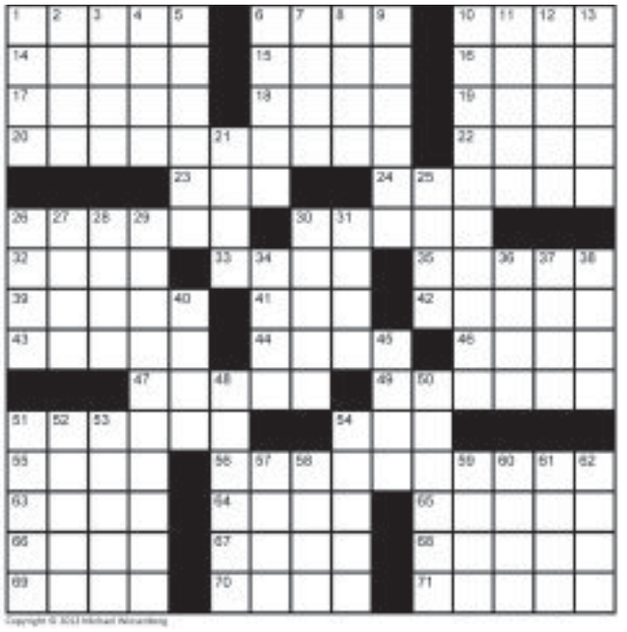
♒ Aquarius
Jan. 21 - Feb. 19
You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces
Feb. 20 - March 20
There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

BY MICHAEL WIESENBERG



Across

1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of Invasion of the Body Snatchers and Eye of the Needle
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (Rocky IV, The Expendables)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980 Blondie tune about phoning
54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
13. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word, often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport
38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material
54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				8		1
	6	3	2		8	4	5	
7								3
			6		4			
	4			1			9	
			9		5			
5								4
	3	4	5		7	1	2	
9		6				5		7

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	9	2	3	7	9	8
2	3	8	9	6	7	4	5	1

Weather

TODAY	SATURDAY	SUNDAY
MAX: 21° MIN: 16°	MAX: 21° MIN: 9°	MAX: 27° MIN: 14°

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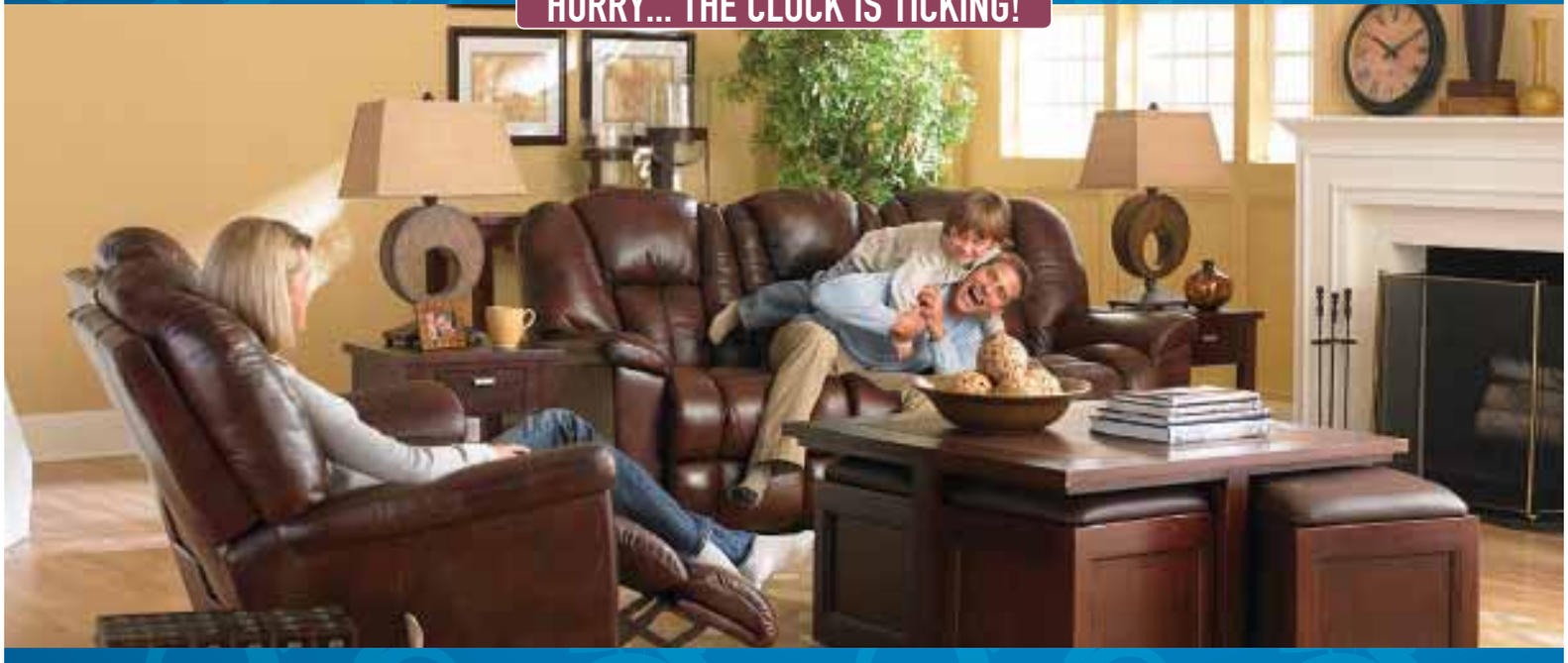

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